Changes I am observing

March 2016

Vertigo

The first round of changes came with the suggestion of my friend Carla about possibly having Meniere's. http://www.nidcd.nih.gov/health/balance/pages/meniere.aspx I had remembered looking up exercises on the internet for the inner ear and she showed me the exercise her partner was given to do, and said, since you are a dancer, you are strong enough to try that. She said, if the headaches were related to sinuses, colloidal silver might help, and that she uses it. I understand that placebos are powerful, and I wondered, whether there was anything behind the suggestions, or not, the placebo might help improve things. I had fallen flat on my face twice that fall, and my gait seemed to be changing (by the remark a dancer friend told me to pick up my feet while on tour) which could be from any number of things (extreme fatigue, lack of awareness, some other health issue). It seems like science backed information is coming out to support a better understanding of how placebos work. http://www.npr.org/sections/health-shots/2016/01/26/464372009/how-meditation-placebos-and-virtual-reality-help-power-mind-over-body

I went to the gym, did the exercises, and observed there seemed to sense some little pops, or shifts in my inner ear. I bought the colloidal silver and integrated that which seemed to be the one thing that caused things to shift towards the body not attacking itself, and moving more towards living.

Sleep

Has become even more challenging. Of course, while at the hospital, for the procedure, things were tough. When I was started on anti-biotics for the bladder infection, this brought on a powerful reaction, and I was in so much discomfort I couldn't sleep. The only place I could find relief was in the bathtub. If I was in a lot of pain, then the only relief I could find when it was intense, was through mindfulness/meditation/visualization. As soon as I realized I might be herxing, I added epsom salts and other things and my body said "ahhhh" and I could begin to relax a bit. My spouse calls me his mermaid now. As of March 2nd, still fragmented, but I am sleeping better.

Weight

There was what was for me, very rapid weig oss. Beginning of January 105, a few days ago, 93. I think from a combination of factors, slow nutritional changes (actually began those July of 2015 with a switch to attempting to

combination of factors, slow nutritional changes (actually began those July of 2015 with a switch to attempting to eat local fruits/veggies only) and the ordeal of getting the aneurysm fixed. I pulled out my scale, put new batteries in it, and am making it a top priority to get good nutrition in my body, even adding mindful eating and gratitude to the journey. Nausea and lack of appetite were making it difficult to eat, as was the pain. Now that I am managing pain better appetite is improving. Weight as of March 2, 94.8. Coming up! Not losing!

Headache

Too pooped to continue in the now - need a break from this...will put a few journal entires... I am obviously improving from.

A. nutritional changes - I began to stop eating things that increased my headache. AHA! Yesterday I ate gifted food, bread and cheddar cheese, this increased the headache. I woke up with it as well. Used acetametaphine to help it. March 2 - still having headaches, behind eyes, head pressure, jaw pressure, was at a 6 yesterday post appt, backed into someone.

Digestion

My digestive track is, in the past 4 days, flowing well - I wonder if this is from being off the narcotics, and also integrating a pro-biotic. Anyways, it is! That is GREAT news!

Cognitive

Post anti-biotic, things seem to be clearing up a bit.

Temperature

Seems to be coming up a notch. Was running 97-97.4. Now seems to be running 97.2-97.7.

Body aches and muscle cramping and other weirdness: March 2

calves and whole right leg very crampy, really winded just walking along ventura doing some shopping, weird chest sensations still exist, pain behind eyes, still very fatigued with overwhelming need to either sit or lie down. Went to bed at 8:30 pm last night and listened to meditation. Fingers - ache at night, the joints. Knees still puffy.

Appetite

Has improved - there is still a bit of nausea on and off.

Skin and hair

Still dry, hair loss, red dots

Mood

in the now - feeling down because of fight with my spouse - his words felt like darts telling me a naturopath is a quack and that basically everything I am doing to be pro-active is just because of a placebo effect.

March 1, 2016

My bowels are working more regularly (past 3 days), I am off narcotics for pain, my appetite has been better, nausea remains a bit, I slept last night until 12:30, head pain woke me up, had THC and took 2 acetametaphine, slept until 7:00 am. Feeling a bit more rested. Walked almost all the way up Glendessary yesterday. This seemed to aggravate the headache a bit. I am not taking anything that would cause any herxing, and am taking a break from it for a bit, to let my body recover. My desire for decaf coffee is gone. I am now just drinking herb tea when I wake. My mental capacity seems somewhat improved. My body temperature seems to have raised a notch or so, although I still get a sense of getting warmish/hot, but not so much the horrible chills, and not being able to get warm. I still get the irresistible urge to lie down, or sit in a chair where I can completely relax in, and poop out super early. Yesterday I managed to go out, buy supplementary flowers for a gift for the surgeon, wrap up the daffodils and package up the herb tea and organic chocolate, and take the lot of it with a card to the surgeon's office. There is no comfortable place for me to sit at home and type, so I went to a coffee shop and ordered a decaf espresso, and worked on preparing my website for the meeting with the naturopath. After that, went home and had good nutrition for lunch. I was too tired to cook for dinner, and decided to have popcorn with cinnamon instead, and also as a form of comfort food. I was soon tired! I went to bed and got horizontal around 8:00ish which is later in getting horizontal than a few months ago, when I was in bed by 6:30 pm watching netflix. For sleep I used benadryl, valerian, and liquid melatonin. I woke up at 12:30 in discomfort and took 2 acetametaphin and a hit of THC and went back to sleep and slept until 7:00. No "herxing", didn't need to be meditating/mindful, or in a bathtub full of hot water/epsom salt mix of stuff. I am not taking any anti-biotics, and am not taking cats claw, but have begun to re-integrate Japanese Knotwood. Noted when walking, how much my right calve was cramping, on up my whole leg.

Things that have improved post aneurysm procedure, also post anti-biotic for bladder infection which I think brought on a herx.

Cognitive - somewhat

Headaches - the type of headache that is "splitting" and feels dangerous is gone

Fainting - I haven't experienced any extreme wooziness, some mild loss of balance

Eye pain - the pain is still behind the eyes, but I am not getting the really strong pain behind the right eye - I seemed to notice this improve when I made dietary changes, and added a migraine supplement - Migrarelief, it would be good to be tested for food allergies

I am pooped a bit - going to stop for now.

January 2nd

6:32 - really nauseous and feeling a little frightened about what is going on with my body. I had a conversation with my inner selves to see if maybe by some weird voodoo magic I am creating these symptoms myself and there is no real organic reason for these symptoms. I asked if someone inside is doing this, to please stop. It feels like my will to live is losing against my body's desire to shut

symptoms. I asked if someone inside is doing this, to please stop. It feels like my will to live is losing against my body's desire to shut down: nausea, headache, pressure pain behind my eyes, ears feel pressure and at times ache, jaw pain, at times teeth pain, pressure pushes to the top of my head if I sit, pain in my right chest with weird spasms in my neck, pain in my right thigh that comes and goes, pain in other parts of my body that comes and goes, dry skin, hair loss not only on my hair but under my arms and my privates, dry inside of my mouth, sometimes it is difficult to swallow, sometimes chest pain the center of my chest that feels like pain but sometimes it feels like emotional pain that feels like my lungs are breathing shattered glass in and out. My ability to carry on brain activity is compromised. I pushed it today, but the mental activity caused my pain to intensify. My speech is funky. I think one thing and something else comes out. I think one thing, think I am writing one thing, look back, I've written another. My speech at time is slurred. The speech seems to be deteriorating, it is getting in the way of my work at work and I blame it on a headache entering its fifth month when I know I must sound like a drunken idiot when talking to the clients. Pain on my right side, pain in my right abdomen area that wraps around under my ribs that has come and gone for years. The bottoms of my feet had begun to hurt, but for the moment, that abates. My joints ache, on and off, elbows, wrists. My neck is stiff and tight at times, then loosens - but somehow, the more pain I am in, the more I seem to let go, and actually have the ability to laugh and joke with people in a way I haven't laughed and joked in a long time. Twice in recent months, me, the dancer, fall flat forwards and no bones break because my bag or back pack, or whatever I am carrying breaks my fall - I've always been prone to tripping, but things seem to be more whacky in the balance area. I stand in the dentist office and close my eyes while I wash my hands in hope of relief from the headache and suddenly I am lilting sideways and the wall catches me. I stand at the counter just last week, in the evening, fixing our beloved kitty's nighttime snack, suddenly, for a fraction of a moment things seem to go black and I find myself falling off balance, then right myself. A month or so back, two weeks of vertigo, my whole world swirling, which clears, but the balance issues and dizziness still come and go. The fatigue, a few months ago, I simply ran out of gas after work, no energy, so I stay in bed and watched Netflix, lights out around 10:00-10:30, up at 7:00, and wake up fatigued, really tired. I am sleeping without sleep aides and no insomnia for I don't know how many years. I have been off all the PRN med support for the PTSD since November because I haven't needed it. The sheer terror and panic I used to feel, it doesn't surface, if I do wake up with what feels like a panic attack, I can soothe myself and fall back to sleep. I see my psychiatrist in December, and for the first time, I let a few tears trickle. He prescribes something for depression and support for the PTSD. I go home, take one look at the side effects, and say to myself, no friggin' way, my sleep is sacred. I just can't do insomnia through the holiday season. I reach out and ask whatever wisdom is out there for support and my system re-organizes so the more cheerful parts of my totality are out more often, I am religious about light therapy and meditation in the morning, I take good care with nutrition, I journal, I create, and my inner selves declare war on the seasonal blues. I feel a bit miffed about prescribing meds after seeing me shed a few tears. Learning that my sister has disappeared yet again, and that when she is found, she doesn't remember where she has been, well - anyone would cry over a sibling they love struggling so. I begin searching for alternatives and come across some scientific research about the endocannabinoid system and some positive results on treating PTSD with cannabis and I reach for the gift from a friend. In the evenings I experiment, with a small amount, because that is the course of action I derive from the reading - and like magic, I don't feel high, but just feel my mood state elevate to some strange land of normal. I experiment one Saturday afternoon when I feel a flashback coming on. I am too tired to cope with a flashback. Like magic, somehow the cannabis staves off the flashback process and things settle. Whatever wants to surface can wait until therapy. My dreams, I haven't been remembering them of late, but one dream speaks of big emotional things wanting to surface. The biggest waves I have ever seen in my dreams crashing into homes along the seashore. I ride the misery of this difficult time with as much ease and grace as I can. It seems as if the worse is behind me with the PTSD journey, and now, that I have processed the bulk of it, my body seems to be shutting down. Is it shutting down? Or is it something else I wonder. My physical body has served my journey well, but I wonder how much it can take. It was treated miserably as a child and

teen, by no doing of my own, then later in life, as I began to process issues, by me as I first used alcohol, sugar, and nicotine to suppress the past. Once I became busy, there was a furious, fast, super busy pace, and bit by bit, as I worked through my issues, coping mechanisms shed with 2015 marking the year I quit using red wine to self-medicate when I wanted to avoid processing surfacing issues. It is an odd place to be at, when I see so much fun in the babies and young kids in my life, to consider, perhaps I've used up my physical body. Perhaps it is truly done. Can I let go if that is so? I think so. I don't feel any fear, maybe a little. I don't feel much in the way of regret. I feel like I have accomplished all I have wanted to this go round. What is going on body? Why are you hurting so? My meditation shifts - don't give me the disease, give me what is underlying that. I discover this meditation with the one relief I do find in the evenings with the cannabis right before bed. It doesn't take away the pain, but it changes ones relationship to the pain. I find myself able to settle into meditative spaces and my breath and send myself healing energy. I see that some issues are related to ancestors, some issues our own negative thoughts/words, some issues negative thoughts/words directed at us by others. It is exhausting researching what is going on with my body so I can be prepared to go and talk with my GP as if he is God. He won't have the answers. But where are they? The answers? Inside myself? I ground into the word that came to me as a focus for 2016. Simplicity. Simplicity in our spirit, we share a spirit. Simplicity in our mind, we share a mind. Simplicity in our body, we share a body. With thanks! Ringing in ears back, ringing in my left ear. I go to sleep at 7:45, resting, I get up at 10:00 because the pain is at an 8. Choice between aides - the THC, or the muscle relaxant. I am tired of inhaling in my lungs, I choose the muscle relaxant because I know it will give me a deeper sleep. I sleep, more deeply and while it is still dark I awake, with pain, my head is throbbing, the comfort of the cat helps. I slumber and doze until 8:00 and connect with the cat before I tell her, sorry, time to get up.

Went to sleep at 7:30 - not sure if I slept, did some meditation and breathing and connecting with the cat

Evening noticed ringing in left ear.

Woke up at 10:00 - wasn't hungry, but fixed myself some toast and pain was at an 8:00. Noticed the muscle relaxant enables me to get a deeper sleep so took half of a tablet. While it was still dark I noticed my head throbbing, I stayed in bed probably for another hour or two. I got up at 8:00 am.